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{page 8}

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{page 19}



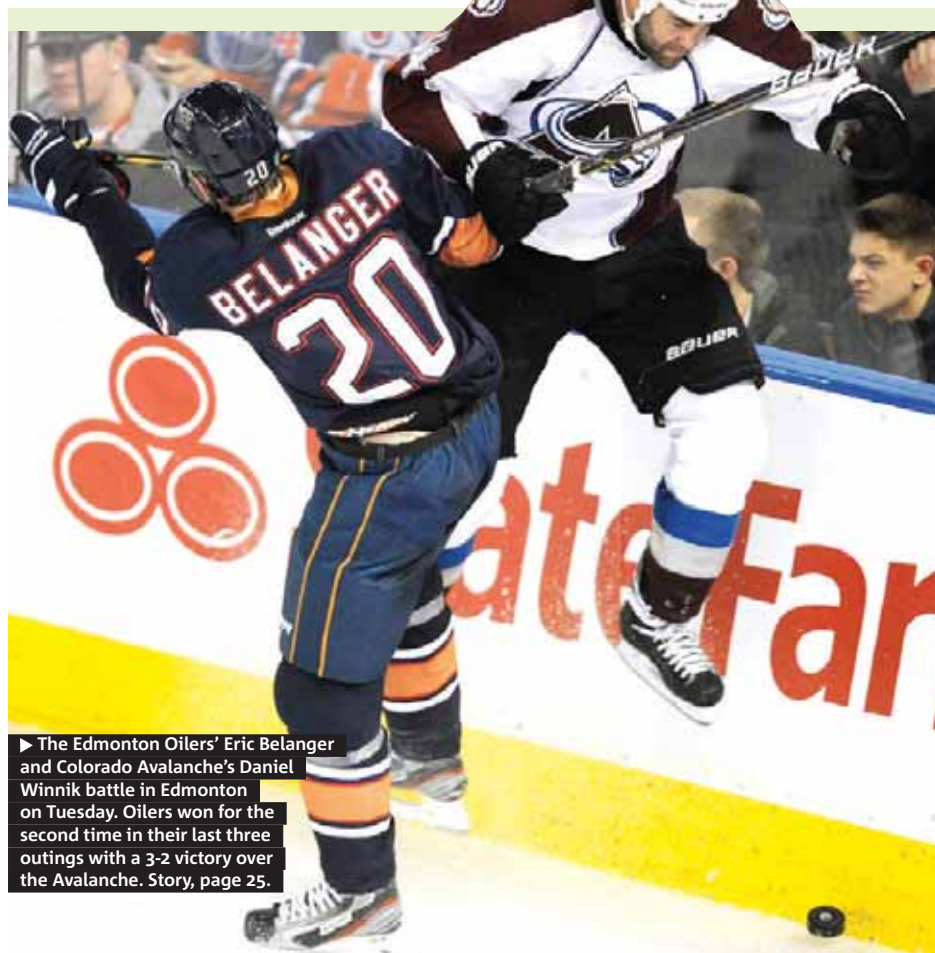
EDMONTON

metro 

Wednesday, February 1, 2012
www.metronews.ca



News worth sharing.



► The Edmonton Oilers' Eric Belanger and Colorado Avalanche's Daniel Winnik battle in Edmonton on Tuesday. Oilers won for the second time in their last three outings with a 3-2 victory over the Avalanche. Story, page 25.

JOHN ULAN/THE CANADIAN PRESS

Oilers edge out another victory

Downtown LRT route may shift

- Council committee recommends change
- Connector an important part of expansion



**HEATHER
MCINTYRE**
@METRONEWS.CA

The downtown LRT route could shift north after a council committee recommended Tuesday the route run along 102A-103 Avenue, as opposed to 102 Avenue.

The change would move the route one block north, from 95 Street west to 107 Street.

"This just shows that the city councillors and administration are willing to listen and re-look at plans," said Coun. Jane Batty, who made the motion.

Adam Laughlin, director of facility and capital planning for the city, said drafting a new concept plan for the alternative route would take about one year

China Gate

► Members of the Chinese community have been vocal about moving the line north from 102 Avenue to 102A Avenue in the east end of downtown.

► They have cited building access, future development and the effect on the China Gate as concerns.

and could add to the overall cost of the project.

"I think this is a totally, totally wrong thing to do," said Coun. Amarjeet Sohi. "We have given approval to this bylaw twice. A lot of work has been done."

City council will debate and vote on the issue Feb. 15.

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Transit fare rises to three bucks

► City looking into smart-card tech or fare-zone system for future use



HEATHER
MCINTYRE
@METRONEWS.CA

While waiting for a downtown bus on Tuesday afternoon, Kathy Proehl learned she will pay more in cash fare as of today.

As stated in the approved 2012 budget, adult cash fare has gone up to \$3 from \$2.85.

"We don't know the expenses broken down," Proehl said. "Fuel is going up, and they have to maintain (buses and trains).

"I understand it, it's not that I like it."

And while the increase has come a year earlier than planned, new and improved service, other expenses and maintenance are indeed behind it, said Patricia Waisman, director

of transportation services.

"It's the cost of managing the system," she said. "We also felt (the need) to balance ridership and revenue. We also felt it was easier for our patrons. You don't have to look for missing nickels and dimes."

When it jumped last year to \$2.85 from \$2.75, questions were raised about the extra dime. Some riders figured they would pay \$3 anyway.

"It happens regardless of what the fare is," Waisman said. "If it's \$1.75, some people will pay \$2."

The fares are based on an ETS policy put in place in 2008.

"It pretty well now will stay at this price until 2014, if we follow the policy," Waisman said.

Details



- The cash-fare hike is expected to generate about \$1 million for Edmonton Transit.
- Annual passes for seniors are also going up, as is the price of a student U-Pass.
- Prices for monthly passes for adults, youth and DATS, as well as ticket books, remain unchanged.



► Cash fare to ride the bus or LRT is \$3 for an adult, effective today, up from \$2.85.

Health groups join forces to get youth to quit smoking

Several health organizations in Alberta have launched a campaign aimed at getting young people to butt out tobacco use.

The groups, who have been joined by Pat Tarbox, whose wife, Barb, died of lung cancer in 2003, want a tax increase on tobacco.

They also want a ban on candy-flavoured tobacco products, stricter controls on sales to minors and a requirement that vehicles carrying children be smoke-free.



► From left, Veterans Affairs Minister Steven Blaney, Health Minister Leona Aglukkaq, MacKenzie Tarbox and Pat Tarbox announce new warning labels on cigarette packages in Ottawa in 2011. Pat Tarbox has joined an Alberta campaign against smoking.

co products, stricter controls on sales to minors and a requirement that vehicles carrying children be smoke-free.

The coalition includes

the Alberta/NWT Lung Association and regional branches of the Canadian Cancer Society and Heart and Stroke Foundation.

THE CANADIAN PRESS

News in brief

Texting blamed for crash

CRIME. RCMP say texting while driving prompted a teen driver to strike a man, 27, breaking his leg in a St. Albert crosswalk Saturday night. A 17-year-old female faces charges of failing to yield and distracted driving.

● METRO

Drug death linked to PMMA

ECSTASY. The December death of a 38-year-old Red Deer man has been linked to PMMA, a compound

added to ecstasy and blamed for other fatalities. RCMP were notified of the man's death on Dec. 10 but awaited toxicology tests. ● METRO

Rae wrong on pipeline: Raj Sherman

GATEWAY. The Alberta Liberals say they disagree with federal Leader Bob Rae over the merits of the Northern Gateway pipeline. Raj Sherman said Tuesday that Rae has "suggested he does not approve," but Sherman said he is on "the wrong side of this issue" and the pipeline will ensure that Alberta's most important exports — oil and gas — reach the world market.

THE CANADIAN PRESS

1
news



The world's love letters are taking the scenic route through two aptly named Canadian towns. Scan code for story.

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14 In 2010, 14 per cent of Albertans between the ages of 12 and 19 were smoking, a Canadian Community Health Survey says.

Edmonton police issue warning about alleged child predator

SHELLEY WILLIAMSON/METRO



► Det. Dave Radmanovich speaks to media Tuesday at police headquarters about a suspect officers are seeking in three alleged child-abduction attempts.

► Man posing as Santa approaching young kids: EPS ► Concerned about risk to unaccompanied children



SHELLEY WILLIAMSON
@METRONEWS.CA

Parents are warned to keep their kids close after three alleged abduction attempts.

Police say a man approached a four-year-old boy Jan. 14 inside a public west-end venue, asking the child to come home with him.

Investigators say the suspect fits the description of David Warren Buchanan, 67, who's wanted on warrants for two prior attempted abductions, including one involving a girl, 4, who he asked to come for "a ride with Santa"

on Jan. 23.

"Really, there's no rhyme or reason, it just seems like he picks a child and thankfully there's been adults close," said Det. Dave Radmanovich of the EPS criminal investigation section.

The other incident dates back to 2010 at the Kingsway Mall and involves an eight-year-old girl, police say.

Investigators are asking Buchanan to turn himself in.

"This is inappropriate behaviour for Mr. Buchanan, or for everybody as a matter of fact, and it becomes a safety concern for us," said Radmanovich.

The suspect

- David Warren Buchanan, 67, of an unknown address, is described as having a salt-and-pepper beard and sometimes wearing a red or blue hat.
- He drives a silver 2003 Chevrolet Impala or a blue 2011 Town and Country Chrysler van.
- In earlier incidents, police say Buchanan has offered children candy and called himself Santa.
- If you have seen him, call police at 780-423-4567 or Crime Stoppers at 1-800-222-TIPS.

EMS response times not a quick fix: Study

CANDICE WARD
IN CALGARY

Faster EMS response times may not always be better, according to a new study conducted by the University of Calgary.

In a study released Tuesday, research from the U of C faculty of medicine has found little difference in mortality rates in patients who received an EMS response time over eight minutes.

"We failed to detect a

statistically significant difference in mortality between those patients that received a response time of less than eight minutes, versus those who were responded to in over eight," said Ian Blanchard, lead author of the study.

Faster response times mean high-speed driving on public roads and a risk to the safety of EMS crews and the public.

Dr. Christopher Doig, principle investigator of the study and head of the



► Dr. Christopher Doig, left, and Ian Blanchard unveiled the results of their study of EMS response times and mortality rates Tuesday.

department of community health sciences at the U of C, says the study does not prove response times to be irrelevant, but perhaps the process that determines which calls require a faster response time should be evaluated.

Blanchard and Doig said more research is required to find the right balance to ensure EMS arrives in time for optimal survival and avoid any risks involved in arriving quickly.

U of C research

- More than 7,500 life-threatening emergency calls from Jan. 1 to Dec. 31, 2006, were studied.
- In the study, EMS was able to respond to patients within eight minutes 76 per cent of the time, and out of these patients, 6.4 per cent died.
- For patients who received a response after eight minutes, 7.1 per cent died.

Board approves actions to keep public schools open

After much discussion, the Edmonton Public School Board's trustees approved nine of 13 recommendations on Tuesday to keep existing schools open through use of space, community development and program planning.

The suggested actions

came from the EPSB's school closure moratorium committee (SCMC), after months of deliberations by the body and stakeholder meetings.

This follows the EPSB's two-year moratorium on school closures in November 2010.

Board chair and SCMC

member Dave Colburn said many of the plans, such as working with the Edmonton Catholic School District, are unprecedented.

"I've never heard of any working relationship between school boards, municipalities and provincial governments to

"It's encouraging that this (government) seems to have an appetite to broaden the discussion about the use of space."

DAVE COLBURN, EDMONTON
PUBLIC SCHOOL BOARD CHAIR

examine issues related to urban planning," said Colburn.

He's hopeful the province will also support the board's ideas for maintaining schools.

He said he hopes to work with the province on some of the obvious funding limitations.

"One can take further hope from the fact that this premier has made a commitment to introduce predictable, sustainable, long-term funding."

Two recommendations, related to taxes and capital funding, were deferred.

● SHELLEY WILLIAMSON

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Search for love or advertising ploy?

► 'Girl in the red scarf: Saw you at Grandin LRT. Can we meet?'
► Billboards in Edmonton raise questions, encourage theories



HEATHER MCINTYRE
@METRONEWS.CA

Billboards about a girl in a red scarf seen at the Grandin LRT station have popped up around the city over the last few weeks, leading some Edmontonians to come up with their own theories as to who — or what — the messages are for.

Here's what some Twitter users had to say:

@journalistjeff: I'm hoping it's a red scarf manufacturer. #yeg

@CLH83: Mmm.. I think they're giving away clues one bit at a time leading up to a huge event in the

city? Not sure what event though!

@TheXSivDon: a desperate man's plea for company, the next logical step from Internet dating!

@KennyJamess: i have a good feeling it's a guy trying to get the attention of a girl, thing is if shes taking the bus/lrt shes not going to see the billboards along the roads

@DeDutchess: My bet is on Southgate Shopping Centre #billboards

@MommyConnectEDS: I wondered if it had to do with the LRT, but then couldn't figure out why — only other creative signs have been for radio

@Steve_Curtis10: this is boring, but I think its to



► A handful of billboards such as this one, seen on Jasper Avenue, have popped up around Edmonton over the past few weeks featuring messages to a girl in a red scarf.

sell more billboard ads. You know how they used to have "made you look, see it works"

@nicole_goetz: What?! Such a rip off of Confessions of a Shopaholic! #fail



For more local news visit metronews.ca/edmonton

'A good way to grab attention'

HEATHER MCINTYRE
@METRONEWS.CA

Local marketing expert Jill Scheyk's theory regarding billboards about a girl in a red scarf is that the handful of signs are advertising an upcoming dating service.

"It's usually referred to as a teaser campaign," said Scheyk. An example of one such teaser is when Southgate Centre reopened after renovations a couple of years ago.

"There were billboards with glitter saying 'Aug. 5,'" said Scheyk.

"It's a good way to grab attention. It would be quite effective if you're going for a big launch."

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Johanna was born three months premature and with a host of medical issues.

Reyna was three months pregnant with her first child when she was stricken with acute pains in her abdomen and back.

It was another three months before a clinic diagnosed a kidney infection.

In North America, pregnant women with this serious complication are typically hospitalized and given antibiotics intravenously. But in rural El Salvador, where Reyna lives, doctors induced labour. Baby Johanna was born weighing just one kilogram (2.4 pounds) and with a constellation of medical issues — a malformed hip, a collapsed lung and blood clots in her brain.

Today Johanna is four. She is bright and loves to draw, but is not yet able to walk. Her vision is extremely poor. Glasses would help, but her family can't afford them.

Officially in El Salvador, 30 per cent of the population lives in poverty. But Reyna and thousands of others are the faces and people behind the sterile statistic. And the real story is about a daily, heartbreaking search for work (which may pay only \$4 or less a day), inadequate food and poor health care and schools.

But that story is still being written.

"What makes me optimistic is

meeting the people and seeing their hope, even though they live in such vulnerable conditions," says Laura Mata, chief of communications for World Vision El Salvador. Laura's organization is helping to lay the foundations of that future. By sponsoring children like Johanna, Evelyn and Karla, Canadians through World Vision Canada help fund nutrition circles that give women access to nutritious food for their families and preschools get children off to a good educational start. Johanna may receive funding assistance for her glasses, but she will also have a chance to attend children's clubs where she can explore art, music and other activities that nurture her potential.

"These kinds of projects are changing lives," says Laura. "But our

country needs help. We can't do it by ourselves."

EL SALVADOR:

Although El Salvador has been slowly recovering from a devastating 12-year civil war that ended in 1992 and its economy is improving, gang-related violence is extremely pervasive. In addition, El Salvador has suffered a succession of natural disasters: in addition to active volcano eruptions, an earthquake in 2001 killed at least 1,200 people and left 1 million homeless. The average per-person income is just US\$3,370 (in Canada, it is \$41,980).



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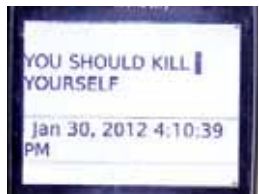
When bullying moves online, the damage multiplies — fast

► Cyber-bullying can haunt both school-age victims and bullies long after graduation

HEATHER BUCHAN
EDMONTON@METRONEWS.CA
FOR METRO CANADA

The Internet has created a new and oftentimes more emotionally damaging type of bully: The cyber-bully — one who can follow you home.

"Before everyone was online with multiple computers at home, bullying stopped at three o'clock," said Monika Wierzbicki of the Canadian non-profit anti-bullying organization Stop a Bully. "There was a sort of buffer. Kids could go home, see their parents, have dinner and to some extent forget about bullying for a while. Now, a person can potentially be bullied non-stop, not just in school."



Katie Neu, 20, knows this all too well. The Listowel, Ont., resident and founder of Bullying Canada became the victim of intense cyber-bullying when she was a high school student. The relentless hateful messages eventually pushed her to leave school and continue her studies from home.



"I would get bullied at school, then go home, turn on my computer and be victimized there, too," said Neu, who has continued to do college and university courses online. She said even now she still receives hate mail and has negative comments put on the Internet about her.

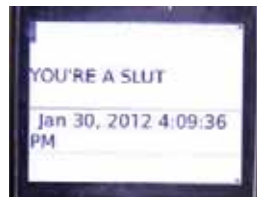
"Unfortunately, even if the (bully) eventually realizes that what they have done is wrong, undoing the damage can be very difficult."

MONIKA WIERZBICKI,
STOP A BULLY ORGANIZATION



Anonymity

Wierzbicki said the Internet has changed the course of bullying irrevocably. Where traditional schoolyard bullies had to engage in face-to-face contact with their targets, the online world provides bullies with relative anonymity. As a result, bullies feel protected and do and say things they would otherwise not do in person.



In fact, a 2008 University of Toronto study cited on bewebaware.ca found that 75 per cent of the young people who admitted to cyber-bullying someone had never bullied anyone offline or face-to-face.

After-effects

Wierzbicki said that bullying, regardless of the form, can have implications for many years following the incident for both the bully and victim; however, the Internet has compounded the effects because of the immediacy and scope of the medium.



ALL PHOTOS: RYAN TAPLIN/METRO

"Pictures and comments can be posted and seen by (potentially) thousands of people in a matter of minutes," said Wierzbicki, adding that even if a bully repents and removes the offending material, a limitless number of people may have already seen it and downloaded it.

And the offending posts may not just haunt a bully's victims.

"Because employers now have the ability to check up on (prospective employees)

by googling them, or checking their Facebook page, any cyber-bullying a person committed has the potential to negatively affect their job prospects," said Wierzbicki. "The Internet can keep a record of previous negative behaviour that can be accessed by anyone who wants to find it. Discovered months or even years later, it can reflect poorly on a person who may in fact have already made amends, changed their behaviour

and become a completely different person."

Consequences

According to Media Awareness Network, a Canadian media and digital literacy organization, more kids may be likely to engage in bullying behaviour online because they can't see or hear the effects of their actions and because many forms of social media lack supervision.



As a result of the increase in cyber-bullying incidents, in 2007 Ontario made changes to the province's Safe Schools Act, introducing a new legislation that makes cyber-bullying an offence for which a student can be suspended or expelled from school.



On metronews.ca/
bullying

— We take a look at anti-bullying legislation across the country.
— Missed a day? Check out our full three-part series on bullying.
— Have a comment? Let us know online, or tweet us @metroedmonton.

How bullies can make it right

Monika Wierzbicki's top three tips on making amends:

- The first step is to remove anything posted online that has caused another person pain or embarrassment.
- Make a personal apology, preferably by phone or email to the victim.
- Help out with an anti-bullying organization at school or in the community.

What is cyber-bullying?

This new form of bullying is when the Internet, cellphones or other devices are used to send or post text or images intended to hurt or embarrass another person. This can include threats, sexual remarks, pejorative labels, making someone the subject of ridicule on forums or posting false statements as fact aimed at humiliation.

Reader response



Re: "My bully, my friend" (Jan. 30). We asked: Should reformed bullies reach out to their victims or leave the past behind?

- @Aquaryan1972: I had to let go my pain of the bullies. However, I have not forgiven the adults who ignored my pleas for help
- @redsaidfred: If a bully wants to make amends and the victim is willing, why not? Sounds like a #happyending
- @laurynzmm: I had a childhood bully apologize to me many years after
- @onijoseph: it depends if victims consent to bullies contacting them.
- @unconvmummy: Absolutely but skip the hey bro arm punch! An apology via email or note goes a long way towards closure.
- @anitaelizar: Not everyone can forgive their bullies.

Via Facebook: TJ Freeze: It's good to first ask qualifying questions, so that they don't turn into an internet bully too lol. I'm glad you two patched it up! :D

Re: "Girl-style bullying vs. boy-style bullying" (Jan. 31). We asked, What's more hurtful — social alienation or physical bullying?

- @acidmiasma: Physical bullying is more hurtful. Social aspect usually the hidden motive, boys or girls.
- @jme_morin: Social & physical bullying are both equally hurtful. A combo of the two is worse.
- @markyeg: social alienation
- @kirkschmidt: through either means, the emotional impact is hard to shake, and never fully leaves. #BulliedNerd
- @WalterRogers1: All methods of bullying are not acceptable
- @rjperry61: As a principal I found dealing with physical bullying far easier than psychological bullying! Both happen to and by boys and girls
- @LiannePerry: That's a really odd question. Who can answer for everyone? We are individuals, all affected differently. #Bullying
- @inuk37: Bullying is bullying — abuse is abuse

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THE DATING GAME

Does the kind of cellphone a person uses tell you what they are like as a date? For instance, are iPhone users really more romantic? Are BlackBerry users really drunk dialers? We asked Metro readers:



"I don't mind what kind of cellphone they have. I don't even have a cellphone."

Jae Kim

"My husband has an iPhone. He is not a romantic. ... He's probably surfing the web while he's talking to me."

Kelly Kaiser



"That's ridiculous. You can maybe tell how rich someone is by how they dress or what kind of car they drive. A cellphone is a cellphone."

Tony Park

What a sexy cellphone!

▶ Got a date with an Android user? It could be steamy, survey says



JOE LOFARO
@METRONEWS.CA
METRO CANADA IN OTTAWA

If you're reading this article on your Android phone, then you're more likely to have sex on a first date, according to new survey results released Tuesday by Match.com.

The survey was done for the international dating site to look at the dating habits of single men and women of various ages across Canada.

From Oct. 13 to 15, 1,068 Canadians were surveyed on everything from whether they have dated someone in the workplace to drinking alcohol on a first date — and at the end of the survey, they were asked whether they use an iPhone, Android or BlackBerry smartphone.



▶ Who's a sexier date — an Android, iPhone or BlackBerry user?

It turns out users of Google's Android phones are apparently wilder than other smartphone users.

Sixty-two per cent of Android singles said they have had sex on a first date, compared to 57 per cent of iPhone users and 48 per cent of BlackBerry

users. But iPhone users are more likely to wait one day to reach out after a first date, whereas Android and BlackBerry users will wait two to three days.

Kimberly Moffit, Match.com psychotherapist, said the survey shouldn't be taken too se-

riously, but it can open a window into people's dating habits.

Ottawa sex therapist Sue McGarvie said BlackBerry users tend to fit the corporate, conventional stereotype.

"They tend to be a little more traditional in terms of their dating approach."

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Eastern European cold snap hits the homeless hardest

► At least 58 people have died — as many as 30 in Ukraine, 15 in Poland ► Temps plunged as low as -27 C

Dozens of homeless people have died in an eastern Europe cold snap, and some analysts blame a Soviet-era legacy of viewing the homeless as those who need to be punished instead of helped.

Temperatures have plunged to -27 C in some areas. At least 58 people have died overall in the past week, while hundreds have sought medical help for hypothermia and frostbite. Snow and ice have disrupted traffic, power and led to the closure of schools.

Ukraine has been among the hardest-hit countries. As many as 30 people have died on its snow-covered streets, in hospitals and in their own homes in the past four days. Authorities said most of the victims were homeless, and that some victims had been drinking and unaware of the danger.

In central Ukraine, a 44-year-old alcoholic fell asleep on her porch and froze to death, said Olena

“Unfortunately, people continue to die, but we are taking all the measures to prevent them.”

**SVITLANA TIKHONENKO,
UKRAINIAN HEALTH MINISTRY
SPOKESPERSON**

Didyuk, spokeswoman for the Emergency Situations Ministry.

Ukrainian authorities have set up hundreds of heating centres across the country — large green or beige tents — in which the homeless can get warm and are offered sandwiches, boiled potatoes, pork fat, hot tea and coffee.

Still, more than 540 people have been hospitalized with hypothermia and frostbite, Ukrainian health officials said. Ukraine's 1+1 channel broadcast footage of a man being treated for frostbite in his toes, which had turned completely black. “I drank and fell

asleep on the bench. I woke up in the middle of the night and couldn't feel my feet,” the unidentified man said from a hospital bed.

Hospitals were instructed to refrain from discharging homeless patients — even if treatment was finished — to save them from the cold, said Svitlana Tikhonenko, spokeswoman for the Health Ministry.

Some experts suggested that the high death toll from the cold is linked to authorities' unwillingness and incompetence in dealing with the homeless.

Pavlo Rozenko, an expert on social policy with the Kyiv-based Razumkov Centre, said that Ukrainian authorities suffer from the Soviet legacy of viewing the homeless as alcoholics, drug addicts and do-nothings who need to be punished and locked away.

“The country doesn't know yet how to take care of its homeless,” Rozenko said. **THE ASSOCIATED PRESS**

AMEL EMRIC/THE ASSOCIATED PRESS

► Redzo Beganovic breaks up ice on the surface of a frozen lake to get water for animals, near Tuzla, 130 kilometres north of Sarajevo, on Tuesday. Central and eastern Europe are experiencing a severe and snowy cold snap with temperatures in Bosnia plummeting to lows of -10 C, causing misery among Bosnians, whose economy is still a wreck 14 years after a devastating 1992-95 war.



SERGEI CHUZAYKOV/THE ASSOCIATED PRESS

► An emergency worker prepares food for the homeless in a heating shelter in Kyiv on Tuesday. Dozens of homeless have died across central and eastern Europe in a record cold snap.



VADIM GHIRDA/THE ASSOCIATED PRESS

► A stray dog peers through the enclosure fence at a shelter in Glina, Romania.



PRISONERS SAVE STRAYS

Authorities sent prison inmates from the Jilava prison in Romania to shovel snow leading to a shelter with some 300 stray dogs and puppies.

Temperatures were below -15 C, while the inmates unblocked pathways.

The shelter was snowed in following blizzards at the end of last week.

Four people have died in Romania due to cold-related causes, according to local media reports.

Temperatures plunged to -27 C in parts of Romania, according to officials.

THE ASSOCIATED PRESS

Temperature toll

► A woman prays in a park in Kyiv on Tuesday.



FEREM LUKATSKY/THE ASSOCIATED PRESS

► While much of North America basks in an unseasonably warm winter, Europeans are dealing with a cold snap.

► Temperatures sank Tuesday to -27 C in the southeastern Polish city of Ustrzyki Gorne — and forecasts predicted -29 C in the region overnight.

► In Romania, the Health Ministry said two people died in the past 24 hours on Tuesday, bringing the total to eight since the cold spell began last week.

► In Russia, one person died of the cold in Moscow, where temperatures fell to -21 C. The Russian Emergency Ministry is not reporting deaths across the country yet.

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RIM's cartoons criticized

► Characters were based on input from the company's Twitter followers

Four cartoon superheroes in a one-off information graphic had BlackBerry-maker Research In Motion on the defensive Tuesday, as some critics labelled RIM's effort to describe its users as "lame" and "embarrassing."

The Waterloo, Ont.-based company was downplaying the lighthearted take on its loyal smartphone users after the graphic — associated with RIM's "Be Bold" campaign — took an ugly turn on social media as some criticized it for being juvenile.

"This infographic is just intended to be a bit of fun," the company said on its Inside BlackBerry blog on Tuesday.

However, by that point some technology blogs and BlackBerry users had already misinterpreted the superheroes as part of a



new advertising campaign.

RIM unveiled the characters in a graphic that broke down its user base into four market segments — naming each after a superhero.

The spunky Gogo Girl was used to describe the users who consider themselves achievers. The more daring Max Stone characterized the adventurous

types.

Justin Steele is intended to represent the "advocate," ready to stick up for his friends and Trudy Foreal is the "authentic" who is not afraid to call it as she sees it.

The cartoons led to a decidedly negative response on social media websites, with some noting the characters looked like they were

designed to market to children.

The company is in the midst of refocusing its strategies, and launched its "Be Bold" advertising campaign earlier this month in an effort to boost its market share in the United States and promote its flagship BlackBerry Bold smartphone. **THE CANADIAN PRESS**

CORPORATE GOVERNANCE

Review suggests split of top RIM roles

After having already replaced top executives Jim Balsillie and Mike Lazaridis, Research In Motion says a review of its corporate governance has concluded that the roles of co-CEO and co-

chairmen formerly held by the pair should be split.

The findings of the review, which had been encouraged by an activist shareholder group about a year ago, were released late Monday, just over a week after the company had already replaced the two men.

Activist shareholder Vic Alboini said the report is "moot" given the fact the leadership changes happened before it was issued.

THE CANADIAN PRESS

GDP down in November

The Canadian economic recovery is showing signs of stalling.

Statistics Canada reported Tuesday that real gross domestic product actually shrank by 0.1 per cent in November, following zero growth in October.

The surprising weakness — analysts had expected a 0.2 per cent pickup — brings economic growth over the last three recorded months to a snail-paced 0.7 per cent.

Analysts noted that most of November's weakness was due to one sector — oil and gas extraction, in part due to temporary maintenance shutdowns — but also pointed out there was not enough strength elsewhere in the economy to fill the gap.

Opposition critics called on the federal government to hike spending to support growth and jobs rather than seek further savings in an effort to balance the budget.

THE CANADIAN PRESS

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► A musician plays in Pamplona, Spain, Monday.



Eurozone joblessness hits record high

Unemployment across the 17 countries that use the euro ended 2011 at a record high, official figures showed Tuesday, a day after EU leaders acknowledged they would have to boost economic growth with the same urgency that they had shown in combating their nations' debts.

Eurostat, the EU's statistics office, said the 10.4 per cent unemployment rate in December was unchanged at its highest level since the euro was launched in 1999, as November's was revised upward from a previous estimate of 10.3 per cent.

Unemployment has been steadily rising over the past year, largely due to Europe's debt crisis.

THE ASSOCIATED PRESS

Canadians need to prioritize retirement cash: BMO

As pensions come under increased pressure from corporate and public-sector cost-cutting, Canadians need to place a higher priority on saving for retirement, says a new report from the Bank of Montreal.

It says the dwindling number of defined-benefit pension plans means more retirees don't have a guaranteed level of retirement income.

"An obvious reason behind this phenomenon is the reluctance of employers to be their employees' retirement income guarantors: In times of low interest rates, uncertain market returns and increasing longevity, the risk is simply too high," said Tina Di Vito, head of the BMO Retirement Institute.

As a result, more Cana-

26% of respondents in the latest CIBC survey said they were not planning to make any contribution to their retirement savings this year.

dians must rely on their own ability to save and invest.

At the same time, Canadians are not placing high priority on a good retirement plan, instead tending to focus on salary and flexible work arrangements, the report says.

The BMO report suggests that more than half of those surveyed could not identify the "must-have features" they would include if they were able to design their own workplace pension plan.

Questions about coming changes to government-sponsored plans have resurfaced since Prime Minister Stephen Harper delivered a speech last week at the World Economic Forum about the potential impacts of an aging population on Canada's economy.

THE CANADIAN PRESS

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WATCHING THE SUPER BOWL, NO QUESTIONS ASKED

JUST SAYIN' ...

PAUL SULLIVAN
METRO



Like 40 or 50-million North American males, I'm an expert on the Super Bowl, the U.S. football championship so big that, like a Rocky movie, it needs to be described using Roman numerals. As Sunday's game draws near, more and more people come to me with their questions, such as: "Paul, why don't you get a life and do something worthwhile on Sunday instead of sitting in front of the TV like a zombie for nine hours watching former Pittsburgh Steelers quarterback Terry Bradshaw caper and jibber like the evil clown in IT?" Questions like that.

So, to be even more helpful, I've compiled a list of MEFAQs (most frequently asked questions) to go along with the MVPs and PATs and other acronyms that baffle civilians.

"Q: This year's Super Bowl is being played in Indianapolis. Where is Indianapolis? A: Nowhere."

Q: Why are the quarterbacks always called "Tom Brady" and the cornerbacks always called "Prince Amakumara"? **A:** Tradition.

Q: What number is Super Bowl XLVII? **A:** Why, it's XLVII, of course.

Super Bowl ads are usually more interesting than the game itself. For instance, this year Honda resurrects Ferris Bueller.

Q: How come Matthew Broderick doesn't look a day older than he did 26 years ago, the first time around? **A:** There's a rumour going around he's part of the same lab experiment that produced Wayne Newton and Justin Bieber. Too bad it didn't work on Madonna.

Q: What is "clock management"? **A:** Each team has a bunch of timeouts they can invoke at any time during the game. The team that's losing, using an artful combination of timeouts, incomplete passes and fake injuries, can extend the final two minutes of the game for what seems like forever. That's why it's called the two-minute warning.

Q: How many people watch the Super Bowl. **A:** Thirty billion. ... What?

Q: What is tailgating? **A:** Drinking way too much and throwing up in the parking lot before the game even starts.

Q: This year's Super Bowl is being played in Indianapolis. Where is Indianapolis? **A:** Nowhere.

Q: So who's going to win on Sunday? **A:** I am because I get to sit in front of the TV for nine hours ... etc.

Q: Who will be the MVP? **A:** Three-to-one on Tom Brady over Prince Amakumara. Tradition is a big factor.

Read more of Paul Sullivan's columns at metronews.ca/justsaying



Local tweets



- **@Burkeeboy:** Had a great time skiing (walking up and down the hill) with my girls @snowvalley today! There were a few tears, but I'll be fine! #yeg
- **@Saskgirl1406:** De Dutch Pannekoek coming to #YEG. I think I've just died and gone to breakfast heaven.
- **@_rinnn:** Good workout on legs today!! Such a B-E-A-utiful day outside too! Time to wish for snow I guess...hah! #yeg #whereswinter
- **@TGord24:** Ah beautiful af-ternoon in #YEG. Now its time to start thinking golf season. For real this time..
- **@RMJB:** Where can I get eggs benedict at this hour in #yeg?
- **@stevenpduck:** Oilers game tonight #yeg Too bad we can't just give Columbus 20 free points already #NHL
- **@stooneye:** Occupy Edmonton is coming back??! <cracks knuckles> So much for me getting any work done tomorrow, Twitter. #yeg #occupyedmonton
- **@gsscott:** Mucky in #yeg, not to complain about the warm weather. Winter's ticking away...

Daily Zoom

'I'll have a wing'



Ants get their teeth in some fly

BATAM, INDONESIA. Is this teamwork, or is it every bug for itself?

Four weaver ants take a bite out of a fly in Batam Island, Indonesia.

Amateur photographer Uda Dennie took this snapshot outside his home.

"Lots of ants are active near my home. I wanted to get to know their lives a bit better," Uda explains to Metro. ● **MWN**



"Around us, there are so many moments involving insects that are rarely seen."

UDA DENNIE, PHOTOGRAPHER

Tools he used to capture ants

EQUIPMENT. Dennie says the gear he uses to capture such images is "far from complicated. ... I used a Canon Kiss X4, a Sigma 150mm Macro lens and a monopod." Dennie, whose other images include a wasp captured by four red ants, says "after lots of hunting, perseverance paid off. Now I produce fine macro photos." ● **MWN**

2

scene

Genie Awards



SCTV alum Andrea Martin and talk-show host George Stroumboulopoulos have been named hosts of the 32nd Genie Awards. The prizes, which honour the best in Canadian film, are to be handed out March 8, with the show airing on CBC-TV. The leading nominees are Jean-Marc Vallée's sweeping romance *Cafe de Flore* with 13 nods, followed by 11 for David Cronenberg's psychoanalysis drama *A Dangerous Method*.

THE ASSOCIATED PRESS



NFB doc *Pink Ribbons Inc.* examines the politics of marketing disease



► Dane DeHaan is set for a big breakout year with his work in *Chronicle*.

DeHaan DiCaprio-esque

► Recognize this actor? ► You will after *Chronicle* and a handful of other movies in 2012



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METRO WORLD NEWS IN LOS ANGELES

If Dane DeHaan isn't already a familiar face — and not just because of his resemblance to Leonardo DiCaprio — just give it some time. While fans of HBO's *True Blood* might already be aware of DeHaan, the 24-year-old Pennsylvania native has an impressive slate of upcoming titles hitting theatres over the next year. And he bet-

ter get ready.

"I don't know that I do spend a lot of time preparing myself for stardom," DeHaan says with a laugh. "I try to just remind myself how lucky I am, and I'm just doing what I've always loved to do. I've never wanted to be famous, I've only ever wanted to be an actor, and for me that is so much fun that I just look forward to that, and everything else is a really great side-effect of that. I haven't really reached a certain point where I lose a ton of

my privacy or anything. So when someone comes up to me and tells me they really like me, I just say thank you."

Of course he says that now. We'll check in with him in another 12 months.

What's on the slate for 2012?

DeHaan will appear in Prohibition-era drama the Wettest County with Tom Hardy, Gary Oldman, Guy Pearce and Shia LaBeouf, as well as the *Place Beyond the Pines* opposite Ryan Gosling, Bradley Cooper

and Eva Mendes. And next month he heads to New York to film writer-director John Krokidas' Beat Generation drama *Kill Your Darlings*, starring as Lucien Carr opposite Daniel Radcliffe's Allen Ginsberg. Before all of that, though, he stars in *Chronicle*, an inventive, found-footage-style science fiction film about a trio of high schoolers whose encounter with a mysterious buried object leaves them with awesome telekinetic powers.

Like Leo

Dane DeHaan is getting used to comparisons to Leonardo DiCaprio

► **DeHaan Quote:** "I think that if I was going to have to be compared to one person who was once a young actor, I might pick Leonardo DiCaprio anyways. I think he did some of his most amazing work when he was younger."

What makes that hero super?

IN FOCUS

RICHARD CROUSE
SCENE@METRONews.CA



What does it really take to become a superhero?

Take, for instance, the lads in this weekend's *Chronicle*. After uncovering a mysterious crater they develop telekinesis, flight and invulnerability all without the aid of butlers named Alfred, secret identities or spandex suits.

They're just ordinary guys with extraordinary powers. Civilian superheroes, if you will.

But they're not the first everyday movie characters to make the leap (sometimes over tall buildings) to become superheroes. The flickers are filled with stories of regular folks who become crusaders — some with extraordinary powers, and some without.

In *Defendor*, Woody Harrelson plays a man whose rich inner life spills out into his real life. By day he is dead-end-job Arthur, but by night he is De-

fendor, a masked superhero do-gooder. His task? To clean up the streets of Hamilton, Ont.

Speaking in comic book clichés — "Look out termites," he says, "it's squishin' time!" — and with a duct tape "D" on his chest, Defendor and his homemade arsenal of weapons patrols the streets looking for crime to prevent. He's a bit delusional, but his heart is in the right place.

"Who writes your dialogue?" asks a bad guy, "Spiderman?"

"No, I do it myself," he

answers innocently, before teaching the guy a lesson he won't soon forget.

Based on a wild indie comic of the same name by Mark Millar, *Kick-Ass* tells a couple of intertwining stories.

First up is Dave Lizewski (Aaron Johnson), a fanboy who creates a superhero alter ego called Kick-Ass as a way to boost his self-esteem. In life he says his only superpower is being invisible to girls, but when he dons the suit he becomes... only marginally more super.

His exploits, however,

grab the attention of Big Daddy (Nicolas Cage) and Hit Girl (Chloë Moretz), a slightly psychotic father-and-daughter team of masked (and in *Hit Girl*'s case, wigged) avengers who admire Ass's style and moxie. Defendor and Kick-Ass don't have superpowers, but they do have cool costumes and the right attitude.

That places them alongside other characters that helped redefine what it takes to be a superhero, the better-known movie heroes Batman and Iron Man.

Lilo is officially back in action

► House arrest is definitely o-vah: Actress spotted 'going to the restroom with a male companion on numerous occasions in a short amount of time'

It's been a slow week here. Maybe everyone's playing nice and dressing demurely for awards season. Or maybe they're holed up in faraway tropical lands that don't grant visas to mortals. Either way — if a tipsy starlet falls in a bar and no one is there to hear it, we're still bored.

But then, Lindsay Lohan went outside, and it was good.

Although she was only drinking water in the lounge — give it up Lohan, the Academy isn't watching — she did seem to be enjoying something, reports RadarOnline.

"Lindsay was spotted going to the restroom

"When the two of them emerged from the bathroom, Lindsay was giggling."

SOURCE

with a male companion on numerous occasions in a short amount of time," a source tells the site, who adds that her eyes looked glassy.

"When the two of them emerged from the bathroom, Lindsay was giggling."

Linds, we really don't care what was going on in that bathroom. It's just good to have you back, babe.

● MONICA WEYMOUTH



► Lindsay Lohan

Kissing a girl... and liking it

We suspect that most people who would enjoy seeing Ashley Greene and Olivia Wilde make out won't be seeing their new film together, Butter. (It also stars Jennifer Garner, and tells the story of a small-town butter-carving contest.)

But make out in it they do, and so we present you with this quote from Greene's interview with

Lucky magazine. You're welcome:

"It wasn't that awkward. It's the same idea as having to kiss a male co-star and it's not real. Olivia is such a cool chick and very professional. So we were just messing around and cracking up in between scenes, and it ended up being really fun."

● MONICA WEYMOUTH



► Ashley Greene and Olivia Wilde

Really, she just has to sing ...

It looks like Madonna has the Super Bowl half-time show confused with those moments before Bill Pullman declares intergalactic war in Independence Day.

"Oh my god, I'm so nervous. You have no idea," she tells Anderson Cooper during an interview. "First of all, it's the Super Bowl. The Super Bowl is kind of like



► Madonna

the holiest of holy in America. I'm going to come in halfway between the church experience and I'm going to have to deliver a sermon that's going to have to be very impactful."

● MONICA WEYMOUTH

Jolie to Pitt: Zip it, hon

After a spate of interviews in which he discussed marrying Angelina Jolie at their children's wishes, Brad Pitt is tempering his words a bit more. Someone must have said something.

People magazine checked in with the couple about the wedding talk, of which Jolie says, "I think anything said tends to be blown out of proportion." A sheepish Pitt agrees: "Just a



► Brad Pitt

little," he says. "Yeah, that was my fault."

● MONICA WEYMOUTH

Drake wants to play Obama

Drake is looking to get back to his acting roots, and he has one particular role in mind: U.S. President Barack Obama.

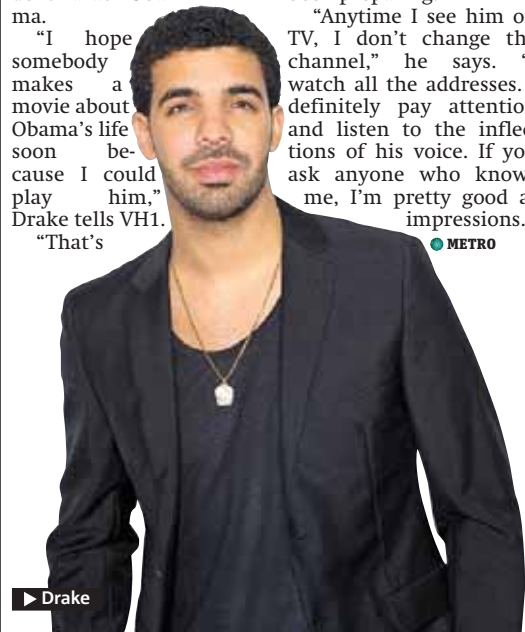
"I hope somebody makes a movie about Obama's life soon because I could play him," Drake tells VH1. "That's

the goal."

And it's a serious goal, apparently, as the 25-year-old rapper has already been preparing.

"Anytime I see him on TV, I don't change the channel," he says. "I watch all the addresses. I definitely pay attention and listen to the inflections of his voice. If you ask anyone who knows me, I'm pretty good at impressions."

● METRO



► Drake

Celebrity tweets



My sunglasses stare at me with that look of neglect and abandonment. #inscotland



@jamiebell

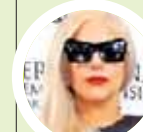
Thoroughly enjoyed 'The Grey'. Manliest film since John Carpenter's 'The Thing'. If I was in it, I would have died in the first 15 minutes.

@edgarwright



@SethMacFarlane

I feel like Newt Gingrich is what Justin Bieber will look like old.



@ladygaga

Haus meeting. Holy mother of coffee. I might need a valium today. Or maybe a tranquilizer meant for a small bunny.

Cosying up to Cooper

Bradley Cooper and Zoe Saldana reportedly weren't trying to keep their rumoured romance under wraps while in Utah for the Sundance Film Festival, according to People magazine.

Festival guests spotted the pair getting cosy at a party for The Words, their new film together. "They were kissing in front of the fire and being very affectionate," a source says.

"They are definitely very together. They were like

two seventh-graders. The electricity was out of this world." ● METRO



► Zoe Saldana

3 life

Travel in brief



It's a combination designed to appeal to nature lovers at Bronte Creek Provincial Park in Oakville, west of Toronto. This year to mark Valentine's, park officials decided to spice things up with their first "adults-only" hike. Participants will be led through the woods Feb. 11 on a nighttime hike to learn what animals native to southern Ontario get up to in the dark.

THE ASSOCIATED PRESS



Ports of call: cruise passengers find plenty to do on Canada's east coast

The best Caribbean hot spots

► Definitive Caribbean.com offers its picks for everything from beaches to spas to music

For the beach: Antigua and more

When you think of the Caribbean, we know what comes to mind: a gorgeous white sand beach. And rightly so. Many of the best hotels are on prime beach front, or better still, there are beaches that are still wild and remote. There tend to be two distinct coastlines to most islands: the calm Caribbean side and rougher Atlantic side. If you are looking for a lively Caribbean beach resort you'll need to aim for somewhere like Antigua, Barbados, Jamaica or the Dominican Republic. For somewhere more



PHOTOS: METRO WORLD NEWS

laid back, Anguilla's striking white beaches are hard to beat and many of the smaller islands have beach charm aplenty.

For romance: Hermitage Bay, Antigua

The Caribbean is a wonderfully romantic place to get married (As if you couldn't tell by the photos). And it's easier than ever; regulations have loosened up in the past few years. Now in many islands you only have to be resident for two or three days before you can get married. Many hotels offer a wedding service in their grounds with ceremonies under an arbour or on the beach. Alternately, you might opt for the privacy of a tropical villa and garden. Our top pick is the Hermitage Bay Antigua, a low



key and extremely elegant small hotel with a magnificent beach-front setting in a secluded west-facing bay. It has just 25 large and very private suites, ranged in leisurely fashion along a superb beach and across the hillside behind.



For a spa: Cap Juluca, Anguilla

Fancy a massage with a sea view, or some open-air reflexology? Many of the leading hotels in the Caribbean now have serious

spas — not just a few treatment and beauty rooms, but full-service operations led by leading spa companies, including Shambhala, Aveda, Molton Brown and ESPA. You'll also find holistic activities such as meditation, yoga, Tai Chi and Pilates. Try the Cap Juluca, set on its own superb beach in the west of Anguilla. It's one of the Caribbean's most famous and best-loved hotels, has a Wellness Centre, and includes Moorish-style villas. Or the BodyHoliday at LeSPORT is an upbeat resort hotel tucked into its own attractive cove at the northern tip of St Lucia.

For music: Jamaica, St. Vincent, Grenadines, Tobago

The Caribbean people are uniquely inventive when it comes to music. There is almost a different rhythm for every island. Reggae, merengue, calypso, salsa (in different versions from Cuba and Puerto Rico), compas, zouk and soca. Some islands have more than one, but almost all are lively, fast and full of ex-

plosive joy.

Check out our website for a list of the year's top gigs, island by island. Among the highlights: February is Reggae Month in Jamaica, March brings the SVG Blues & Rhythms Festival to St. Vincent and the Grenadines and April finds the Tobago International Dance Festival in, yes, Tobago.

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Saving money on the slopes

► Here are tips on shopping around and timing your next ski or snowboarding trip to get the best deals on equipment, lift tickets and lodging

Gear Head

Preparing for a trip to the snow can be daunting, especially for a novice trying to amass all the equipment, from skis, boots and poles — or a board and boots — to goggles and a jacket.

Start by repurposing things you already own: thermals, your heaviest winter jacket, a hat,

gloves and sunglasses. Ski-specific clothing is rarely a necessity, though insulated, waterproof pants substantially boost the fun factor. Borrowing from friends can work well, if you know someone your size.

For equipment, bear in mind that even many experts rent their skis, boots and poles if they

don't get to the snow more than a couple times each season. You can save 20 per cent or more on rentals by reserving equipment in advance from your resort, says Vail Resorts Inc. spokeswoman Kate Lessman.

Reserve online at rentalskis.com, skibutlers.com or your resort's website.

Food bill

Staying in a place with a kitchenette that's not right on the mountain can cut your lodging costs in half, Justin Blackburn of

ski-blog.com says, while stashing trail mix, peanuts or candy bars in your backpack each morning can cut your snack bill by two-thirds, compared with ski

lodge prices. For lunch, Surette likes to tuck a peanut butter and jelly sandwich into her pocket because it tastes fresh regardless of temperature.

Getting a Lift

With lift tickets running \$60 or more per weekend day for adults, it pays to research discounts. Check out websites including liftopia.com, lifttickets.com and getskitickets.com.

You can also peruse Craigslist or inquire with a local ski club to see if someone that lives near you is selling tickets.

Season passes are often less expensive, especially if you buy in early. But that's almost always before the snow starts to fall so pencil out the cost of a pass with only minimum usage to make sure you're getting a deal.

Lodging logistics

For the best rates and selection, plan several months in advance.

The best prices are typically available from summer through late October.

And Blackburn notes that your money will go much further in some towns than others.

THE ASSOCIATED PRESS



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Drink of the week

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This recipe is one of the most efficient ways to enjoy a very refreshing sparkling water cocktail.

Cucumber Version:

- piece of cucumber
- chilled sparkling water

Carefully wash cucumber and cut a slice 5 mm (1/8 inch) thick and 10 cm (4 inches) long. In tumbler, place cucumber then pour in chilled sparkling water. Serve with a long spoon on the side. In barely a few seconds, the cucumber's essential oils are extracted and enhanced by the strength of the bubbles.

Ginger Version:

- fresh ginger
- chilled sparkling water

Cut fine slice from piece of fresh ginger, peel and rinse. In tumbler, place slice of ginger then pour in the chilled sparkling water. Serve with a long spoon on the side. The aromatic strength of the ginger blends elegantly with the freshness of the water.

ADAPTED BY EMILY
RICHARDS/SOCIETEPERRIER.COM



Chipotle kicks it up a notch

► New York-based Elizabeth Karmel, a grilling and Southern foods expert, shares her recipe for Chipotle Chicken ► Heat of meat is balanced by a cool orange, jicama and mango slaw

MATTHEW MEAD/ THE ASSOCIATED PRESS

The secret ingredient is mayonnaise!

The first time anyone told me that, I thought I was going to faint or laugh out loud.

Fast forward to a trip I took to Oaxaca, Mexico, during the February festival season. At each neighbourhood gathering, the women brought out platters of homemade food. My favourite was a pit-fired chicken dish that had been marinated in a thick chipotle mixture.

The day after one such gathering, we went to the home of the village's best cook to learn how to make the dish. She had everything set out on the counter for the dish — chipotles in adobo, onions, limes, chicken thighs and mayonnaise!

As we made the marinade, I realized how smart the mayo was. You can add a lot of flavour to mayonnaise and it stays suspended. Traditional marinades tend to separate. Because the flavours are spread evenly through the marinade, the food you are flavouring gets a more intense and consistent flavour. The mayonnaise also tempers any harshness.

Chipotle Chicken Preparation:

- 1 In blender, combine chipotles with adobo sauce, white onion, jalapeno, cilantro and lime juice. Add pinch of salt. Blend until smooth. Transfer to a large glass

or stainless-steel bowl. Fold in 500 ml (2 cups) of mayonnaise. Taste and adjust seasonings. If it is too spicy, add more mayonnaise.

- 2 Add chicken pieces, turn to coat, then cover bowl and marinate in refrigerator for 2 to 4 hours, turning occasionally.

- 3 Heat oven to 160 C (325 F). Set a metal rack over a rimmed baking sheet. Remove chicken from refrigerator and place bone-side down on the rack. Roast until breast meat near bone registers 74 C (165 F) and thigh meat registers 83 C (180 F), 45 minutes. If you don't have a meat thermometer, cook until no longer pink and the juices run clear.

- 4 Use tongs to carefully transfer chicken to a platter to rest for 5 to 10 minutes before serving. Serve with wedges of lime and mango slaw.

Cool Orange, Jicama and Mango Slaw Preparation:

- 1 Slice off top and bottom of jicama, then carefully peel it. Use a box grater to grate jicama. In a medium bowl, toss grated jicama with the juice of 1 of the limes.
- 2 Use a paring knife to trim off the tops and bottoms of each orange,

then cut off the remaining skin. One at a time, hold peeled oranges in a cupped hand over the bowl of jicama to catch juices. Cut each orange section between membranes to make individual sections, adding to

jicama as you go.

- 3 When you have cut all the sections, squeeze leftover membranes to extract as much of the juice as possible. Toss well, then mix in mangoes.

- 4 Arrange in a bowl or on a platter. Garnish with whole cilantro leaves and a light dusting of cayenne pepper, if desired. Cut remaining lime into wedges for serving with the slaw.

THE ASSOCIATED PRESS



► This recipe serves eight.

Chipotle Chicken with Slaw

Shopping List

Chicken

- 1 can (199 g/7 oz) chipotle chilies in adobo sauce
- 1 medium white onion, chopped
- 1/2 small jalapeno, seeds removed, chopped
- 125 ml (1/2 cup) chopped fresh cilantro

- Juice of 4 limes
- Kosher salt
- 500 to 750 ml (2 to 3 cups) mayonnaise
- 2 whole chickens, cut into pieces (or substitute 12 chicken thighs)
- 1 whole lime, cut into wedges

Cool Orange, Jicama and Mango Slaw

- 750- to 1-kg (1 1/2- to 2-lb) jicama (the size of a small grapefruit)
- 2 limes
- 3 navel oranges
- 2 mangoes, peeled, pitted and cut into chunks
- 3 to 4 sprigs fresh cilantro, leaves removed
- Cayenne pepper (optional)

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Take dinner back to basics with sausage

► This Spicy Sausage and Arugula Penne is packed with lots of flavour from simple pantry staples

Quick and easy is perfect for a busy night and even better when it has tons of flavour! The trick to that is to pick a few ingredients with tons of taste, then let them do the heavy lifting for you.

It's usually best to start with a main ingredient that is basically agreeable with any flavour. Chicken, pasta, pork tenderloin, potatoes — all great choices.

Stock your fridge with some of these handy ingredients to whip up a tasty meal.

If you can't find bulk sausage meat then simply remove the meat from the casings.

Preparation:

1 In large pot of boiling salted water, cook the penne pasta for about 8 minutes or until it is tender but firm. Drain the pasta reserving 50 ml (1/4 cup) of the cooking water, and set aside.

2 In a large sauté pan set over medium-high, brown the sausage meat and onion for about 10 minutes or until the sausage is cooked through. As it cooks, use a wooden spoon to break up the meat into bite-size chunks. Add the sun-dried tomatoes and

arugula, then toss everything well. Add the pasta and toss until heated through and the arugula just begins to wilt.

3 Add half of the cheese and a splash of the reserved pasta cooking water to moisten. Toss well, adding more water if desired to create a sauce. Serve topped with the remaining cheese. **THE ASSOCIATED PRESS/ADAPTED BY EMILY RICHARDS (A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)**



► This recipe serves four.


Ingredients:

- 340 g (12 oz) penne pasta
- 500 g (1 pound) spicy Italian sausage meat


- 1 large onion, diced
- 125 ml (1/2 cup) oil-packed sun-dried tomatoes, chopped
- 1 pkg (140 g/5-oz) baby

- arugula
- 250 ml (1 cup) freshly grated Parmesan cheese
- Salt and ground black pepper

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Parlez-vous français for real?

► Are you bilingual? ► What makes you sure that you are or you aren't? ► Make it clear during the job search



MARISA BARATTA
TALENTEGG.CA

How much of another language do you have to speak or write to be considered bilingual?

• Maya Meyouhas, general manager of Sweetspot Quebec, says that "in Quebec, where most people speak at least two languages, I would consider someone bilingual if they can just as easily communicate (speak and write) in one language as they can in the other."

• Grégoire Holtz, French professor at the University of Toronto, believes bilingualism means being as comfortable in one language as in the other, though you may sometimes hesitate or struggle to



► Speak up about your language skills!

translate a thought. Bilingualism also demands a level of understanding where the other language's humour or subtleties are concerned.

• Françoise Mougeon, associate principal of academics and research at Glendon College at York University, feels that one needs to

reach "maximum efficiency" and "a thorough command of the language" in order to succeed in all forms of communication.

Glendon students are tested on this very notion; students who apply for a certificate in bilingual excellence must complete a bilingual written test focusing on their weaker

language before advancing to an oral interview in which students must speak in both languages.

Is there a way to prove you're bilingual to an employer?

"The best way to prove it is during the interview," Maya says. "If bilingualism is im-

portant, the employer will communicate with you (test you) in both languages — they'll know quickly enough if your language skills are right for the position."

When Christopher applied to be a TA at the University of Ottawa, he was asked to share a copy of his

high school diploma (he studied extended French) and university transcripts, which highlighted his minor in French. When working as a teller at the National Bank of Canada in Ottawa, his language skills were put to the test, but he was asked only one question in French. The bilingual demand varies with the job.

Maya adds another place where you can really shine: "If the job posting is in French (or if the company is based in Quebec), send your CV and/or cover letter in French."

MARISA BARATTA IS AN EDITOR AND FREELANCE WRITER WHO SPECIALIZES IN HEALTH AND NUTRITION, THE ENVIRONMENT, AND HUMAN AND ANIMAL RIGHTS.

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What about my resumé?

If looking to indicate your bilingualism on your resumé, Maya advises against use of the word "bilingual," as it's too vague. It's best to be honest about your level of comfort and knowledge in both languages. After all, your employer isn't the only one who will suffer should you be asked to lead a presentation or write a report in a language you don't know well enough.

"Specify instead your functional/good/strong/excellent written and/or verbal communication skills in French and English," she suggests. This shows your employer how well you know both languages and, what's more, it showcases honesty: and what employer doesn't love that virtue?

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JULIA WEST
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MWN IN PHILADELPHIA

Remember one month

ago when you were going to get in shape, eat better and quit smoking in 2012? Unfortunately, work becomes a place of

limbo for these goals.

Fitness guru Mark Allen, co-author of *Fit Soul, Fit Body: 9 Keys to a Healthier, Happier You*,

stresses the importance of setting realistic goals for your schedule — and then taking time to reflect on those goals throughout



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► Is your willpower frequently broken by the appearance of desktop delicacies? Share your health goals with your co-workers so that you can motivate and keep an eye on one another.

the work day.

"Sometimes the reason we get discouraged is because we allow our mood to influence our actions," he says.

"Maybe you've had a bad day and tell yourself it's pointless to work out, or you convince yourself it's too hard. Instead, set aside a quiet time to reflect on your goals."

If the constant barrage of sugary snacks in the break room is beating down your diet willpower, Allen suggests you get back on track by writing yourself a contract that you can stick to.

Keep it simple, clear and attainable, such as: "By my June 1 doctor's appointment, I aim to have lowered my cholesterol by 10 points and lost 10 pounds."

The buddy exercise system can be valuable in the office, not just at the gym. Jill Spiegel, author of *How to Talk to Anyone About*

Anything! The *Secrets to Connecting*, believes in finding a "walk partner" at work.

"Next time you're chatting in the break room or talking in the lobby, positively share your [health] goals with your co-workers," says Spiegel. "Energy is contagious."

Work weight

What's holding you back? In a survey by CareerBuilder, the majority of workers identified being stationary at a desk as the main culprit. But that wasn't the only problem:

- Sitting at a desk: 36 per cent
- Eating out: 16 per cent
- Skipping meals: 13 per cent
- Workplace parties: 12 per cent

Looking to get a little exercise at the office? Laurie Kendall-Ellis, executive director of the American Physical Therapy Association, gave us these tips for boosting energy at work.

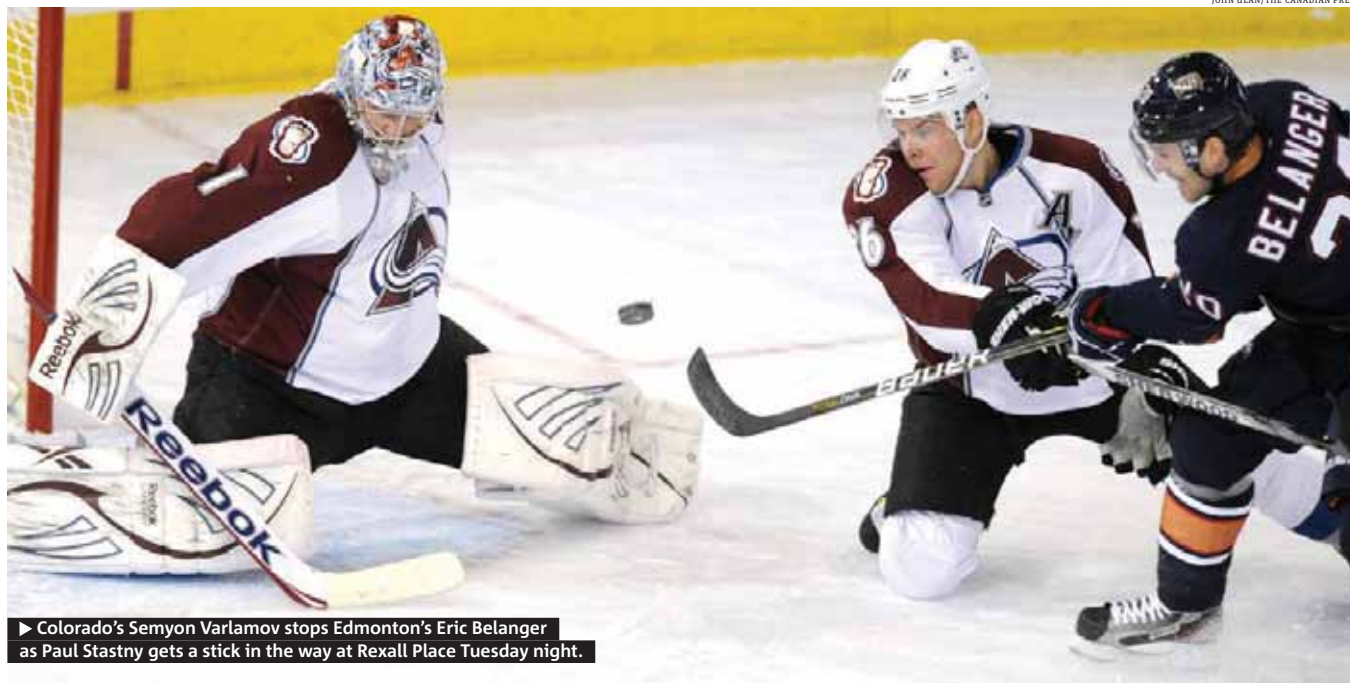
1. Park the car farther away. Alternate swinging your arms as you walk at a brisk pace. This will increase your heart rate and the value of the walk.

2. While at your desk, squeeze your shoulder blades back and down while taking a deep breath in. Look straight ahead as you do this. It's a chance to move out of the head-down posture that so many of us assume with texting and computer work.

Starting to turn it around

► With win vs. Avs, Oilers now 2-0-1 in last three outings after losing eight of previous nine

JOHN ULAN/THE CANADIAN PRESS



► Colorado's Semyon Varlamov stops Edmonton's Eric Belanger as Paul Stastny gets a stick in the way at Rexall Place Tuesday night.

Taylor Hall scored in the third period as the Edmonton Oilers won for the second time in their last three outings with a 3-2 victory over the Colorado Avalanche on Tuesday.

Jordan Eberle and Eric Belanger also scored for the Oilers (19-26-5).

Peter Mueller and Gabriel Landeskog responded for the Avalanche (26-24-2), who have lost three in a row and have fallen out of a playoff position.

It was a 1-0 game for the Oilers just five minutes in

3	2
	
OILERS	AVS

as Eberle swung around from behind the net and used his second whack to

19

Jordan Eberle's goal was his 19th of the season. He had 18 in his rookie season last year.

stuff the puck between the post and Semyon Varlamov's skate. AHL call-up Philippe Cornet earned an assist on the goal in the second shift of his NHL debut.

Edmonton kept pressing with five minutes left in the opening frame when Ales

Hemsky hit the team's second post of the night.

The Oilers made it 2-0 on the power play with just over two minutes remaining in the first when Belanger blasted home just his second of the season from the top of the circle.

The Avs made it a 2-1 game just over a minute into the second period when Chuck Kobasew threw the puck through the crease for Mueller to whack in.

The Oilers regained their two-goal lead six minutes into the third when Varlam-

ov allowed a big rebound on a Hemsky shot and Hall was there to shovel in his 17th of the season.

Colorado cut the lead to 3-2 midway through the third. Devan Dubnyk was able to make a stop on a Milan Hejduk backhand but couldn't get back in position to stop Landeskog.

Dubnyk came up with a huge glove save on Ryan O'Reilly with two minutes to play to preserve the win, making 31 overall saves in the contest.

THE CANADIAN PRESS

4

sports

Quoted



"I've been playing this game a long time — started out at four years old. And this is what you dream of, to come to this stage and enjoy it."

NEW ENGLAND PATRIOTS RECEIVER CHAD OCHOCINCO, ON MAKING HIS FIRST SUPER BOWL APPEARANCE.

Penguins hopeful Crosby will return this season

GENE J. PUSKAS/THE ASSOCIATED PRESS



► Crosby on Tuesday.

Sidney Crosby's latest concussion-related layoff may not be a concussion after all, but rather a more-treatable neck injury that went undiagnosed for weeks if not months.

After meeting with specialists on both U.S. coasts during the last week, the Pittsburgh Penguins captain was told he has a soft tissue injury that is causing swelling in his top two vertebrae. Multiple doctors agreed there is no fracture.

While another concussion has not been ruled out, Crosby was told the neck

problem can cause symptoms much like those associated with a concussion.

"The biggest thing I can take from this is this is something I can work on. I can come in and get my neck worked on," Crosby said Tuesday night.

There is nothing more

"There's a pretty big possibility (the neck problem) could be causing some of the issues, so I really hope that's the case, and hope with some treatment that it'll improve and that's hopefully the end of it."

SIDNEY CROSBY ON HIS MOST RECENT DIAGNOSIS

that Crosby and the Penguins want than for this to be the end the a medical nightmare.

"From what I've been told, this is something pretty commonly linked with concussion symptoms, and in a way that's encouraging," Crosby said. "There's

no magic to get rid of it but, if this is contributing, this is something we can obviously treat and work on and hopefully it will go away."

If the neck treatment proves successful, Penguins general manager Ray Shero is hopeful that Crosby can

return later this season to Penguins lineup.

Shero emphasized that no doctor — and numerous physicians and specialists have been consulted — believes the problem might be career-threatening.

"There's been no indication from any doctor where he would have to shut it down for the season or retire," Shero said. "We're going to try to manage these symptoms and get them under control and get a handle on this and get him back on the ice."

THE CANADIAN PRESS



Scan code for more sports news.

Fiat 500c (Cabrio)

The 500c (Cabrio) is, depending on your viewpoint, either a convertible or a regular 500 with a giant power-operated roof. In 15 seconds, the two-ply cloth top folds accordion-style, leaving the roof pillars and side glass in place.

Sure it's quirky, but that's how it was originally done on the 1950s 500. As well as leaving your coiffure in tact, Fiat claims that the fixed side pillar design is far more rigid than open-air convertible designs.

The Cabrio features a buzzy 101-horsepower 1.4-litre four-cylinder engine that delivers at least adequate acceleration whether connected to a five-speed manual transmission, or optional six-speed automatic.

Fiat 500 Abarth

More performance assistance is on the way with the mid-2012 launch of the Fiat 500 Abarth. The model is named for Karl Abarth, who successfully tuned the original 500 for racing use (Abarth was to Fiat what John Cooper was to Mini).

The Abarth arrives with a turbocharged version of the 1.4 that makes 160 horsepower and 170 pound-feet of torque.

Also part of the package is a five-speed manual gearbox, sport-tuned suspension and exhaust, beefier brakes, special Abarth alloy wheels (in 16-, or optional 17-inch sizes), distinctive nosepiece and rear spoiler plus specific interior/exterior trim.



► Behold the Fiat 500 Abarth, in both white and black. The 500 is a small car with a small price tag, but it also makes an interesting style statement.

Can a small car really be mighty?



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How could it miss, really?

A cute, fun and economical car with Italian heritage at a base sticker price of just \$17,000?

Well, it hasn't missed, exactly, but it has been a bumpy ride for Chrysler's Italy-based offshoot as it at-

tempts to carve out a decent-sized slice of a rather small niche-market pie.

Now there's a new marketing boss and two new models to help reach an aggressive North American target of 50,000 cars a year.

But is it enough? And do North American buyers get it?

Fifty-plus years ago, the

Volkswagen Beetle charmed North Americans with quirky styling and a highly effective ad campaign that, like the rear-engine, air-cooled car itself, broke all the rules.

Since then, lightning has yet to strike twice, although the resurrected Mini Cooper in all its iconic glory has been more than

moderately successful.

On these shores, the 500's heritage is far less appreciated, but at least the car delivers on the cute-and-cool factor.

Of course, a spike in gas prices would really help to light a fire under the 500's sales chart. For the 2012 model year, two new versions of the Fiat 500 await

your consideration — the 500c (convertible) and the performance-minded Abarth.

With both versions appealing to a wider audience, it will be easier for Fiat to sell you on the idea of the 500, but keep in mind the small-car pie is still small in North America.

By comparison

Mini Cooper Classic

Base price: \$23,550
Sporty looks and slot-car handling, but is pricey for its size.

Chevrolet Spark

Base price: \$15,000
Chunky 2013 four-door hatch offers a roomy interior and a low price.

Scion iQ

Base price: \$18,300
Minimalist practical model is ideal for getting around in crowded cities.

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VEHICLE HAPPINESS POSSIBLE EVERY DAY

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Some motoring circumstances will always give you a smile. Going flat out at the Nurburgring in a Porsche 911 GT3? Cruising the strip in a 1966 Mustang convertible? Drifting sideways in a Skyline GT-R? Pulling up to your high-school reunion in an Aston Martin Vanquish? Driving away from the dealership in your first new vehicle?

Those experiences are all well and good, but not everybody has access to expensive, or even inexpensive, machinery. And stellar occasions like that don't come up every day.

So if we're looking to add a bit more happiness to our

lives every day, and we should, then maybe we should reconsider some of the smaller motoring moments, which can happen to us each and every day.

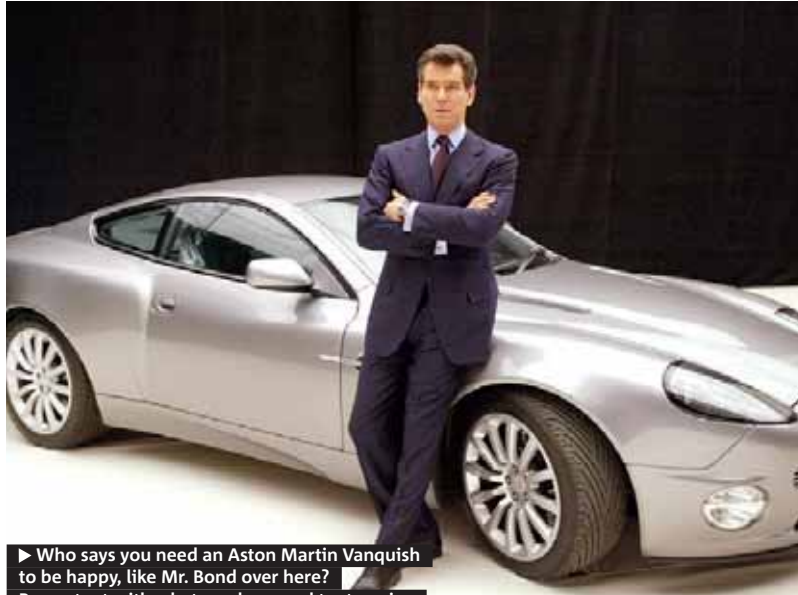
These moments might be small, but that doesn't mean they're insignificant. Vehicular happiness, like general happiness, is always somewhat fleeting anyways.

Here are a few examples of what I'm talking about...

- You just backed into a tight parking spot on a street, but unfortunately your rear bumper contacted the other car. You get out of the car like nothing happened, and nonchalantly stroll by, trying not to look like you're looking too hard at the other guy's bumper. No obvious marks! Yes!

- Your keys fall under the seat. While searching for them you come across a half-eaten pizza sub — but also the Pantera CD you thought was lost forever, and three toonies! Yes!

- You're doing 115 km/h



► Who says you need an Aston Martin Vanquish to be happy, like Mr. Bond over here? Be content with what you have and try to enjoy the little things in your driving life.

in a 100 km/h zone. You pass a police cruiser on the side of the road. You stare at the cruiser in your rear view, and apply telekinetic brainpower to lock the

cruiser in its stationary position. It's working! Yes!

- You try your usual parking spot first, because it's usually free. But this time

it's not. So you circle closer to your actual destination, but with a heavy heart, knowing those spots are the first to go and always fully booked.

But there it is! An open spot right in front of your destination!

The perfect Costanza! Yes!

- You need a bathroom break and are forced to stop at a shady gas station. You're expecting no facilities, or third-world facilities, or facilities that require a key attached to something really long, like a shovel... But the facilities are vacant, welcoming and gorgeous! Yes!

- You run a yellow light. You feel guilty/bad. But the two cars behind you also ran the light. You're bad, but not as bad as them. There are drivers worse than you! Yes!

These are but a sampling of potential small moments of happy motoring at your disposal. Embrace them and others. Do not let them slip away forever into the heating and air-conditioning vents.

They might be all you're going to get for a while.

Recyclables are only 'green' when they're recycled

Automakers are increasingly incorporating recyclable materials into their new vehicles, but that's only half the story. Those materials are only "green" if they are actually reclaimed and recycled once the car's life is over.

At the University of Windsor, Dr. Susan Sawyer-Beaulieu is working with auto dismantlers,

learning the process of taking cars apart to determine how to get those materials back into service.

"I'm helping dismantlers to understand their contributions to the overall vehicle life cycle process," she says.

"There has been a lot of work done to understand what the impacts are from vehicles during raw mate-

DRIVING FORCE

JIL MCINTOSH

DRIVE@METRONEWS.CA

rials production, use and manufacturing, but the end-of-life has been the least understood."

Once considered junk, end-of-life vehicles are

now valuable commodities that undergo a systematic dismantling process. Usable parts are stripped off and sold, fluids are drained and reused, and metal is shredded and recycled. After all that, about 15 to 20 per cent is left over.

"These non-metallic materials become what's called shredder residue," Sawyer-Beaulieu says.

"You're talking about materials such as plastics, fabrics, foam, glass and ceramics. People don't realize that this stuff has to be landfilled. My research is to figure out how it might be possible to recover some of these non-metallics and prevent them from being shredder residue."

Seats are the most likely

candidates for landfill, even though they contain foam and fabric that could be recovered and recycled.

The bulky seats need to be stored, transported, taken apart, and their materials separated and sent to facilities for recycling.

The problem is that there currently isn't a widespread, efficient and economical way to do this.

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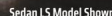
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SECOND GEAR



JUSTIN PRITCHARD
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Available in coupe or convertible variants, the Mercedes CLK-Class was available to Canadian shoppers from 2003 to 2009 before being replaced by the automaker's new CL lineup.

Available with a wide range of engine options and laundry list of high-end features, the CLK gave its drivers a highly personal and luxurious driving experience.

2003 to 2009 Mercedes CLK



Engine

Look for six- and eight-cylinder engines with power output ranging from 215 to 382 horsepower in standard models. The CLK's numerical designation represents engine size, for instance, with the CLK 320 getting a 3.2-litre V-6 engine.



What owners like

Owners love the CLK's looks, exclusivity and pride of ownership. Those with the 5.5-litre V-8 all rave about quiet, robust and silky smooth acceleration, and many owners report good gas mileage, too.



What owners dislike

Owner-stated complaints tend to be minimal, centring around limited rear-seat space for taller passengers, and sometimes-clumsy transmission shift logic.



Common issues

Earlier models in this generation may have suffered from a coolant leak into the transmission, which can cause damage or even failure.

Ask the seller of an earlier CLK if they're aware of this problem, or if any work was ever performed to correct it on their vehicle.

Check under the hood, and under the car, for signs of oil leaks, too.

Verdict

The CLK was well-loved for its driving experience, performance and luxury — and it exhibits minimal worrisome problems.

This won't be a cheap car to insure and maintain, though a dealer-certified used model with no signs of trouble should be a reliable and enjoyable cruiser for the long haul.

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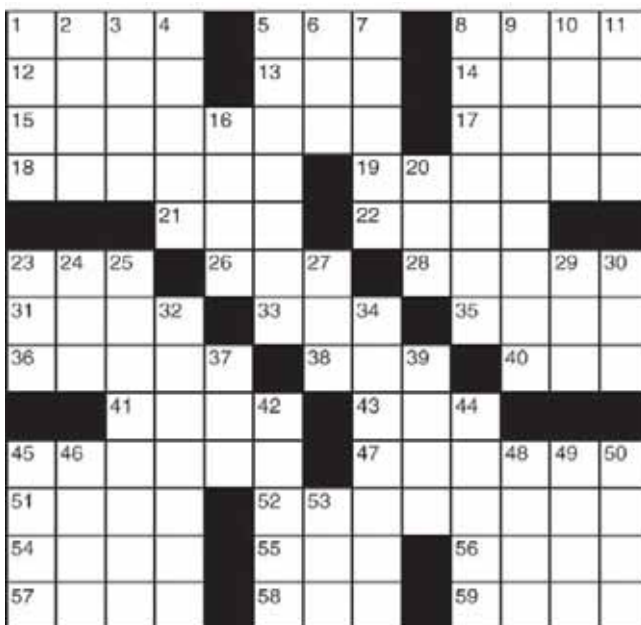
Crossword

Across

- 1 Former larva
5 2004 horror movie
8 Composer Khachaturian
12 Rainbow
13 Spy-novel org.
14 Lima's land
15 Intellectuals
17 Rhyming tributes
18 Vend used goods
19 Turkish officials
21 Dine
22 Location
23 Oklahoma city
26 Writer Buscaglia
28 Camel's cousin
31 Quick cut
33 Water barrier
35 Dutch cheese
36 Ms. Hilton
38 Kipling lad
40 Bribe
41 Barber's concern
43 Zilch
45 "Burnt" crayon color
47 Cause of weakness
51 Exotic berry
52 Marines, slangily
54 Scepters
55 Lemieux milieu
56 Rote of football lore
57 "Meet Me — Louis"
58 Old hand
59 Bean that provides a sauce

Down

- 1 Harbor structure
2 Incite
3 Swine



- 4 Bonfire leftovers
5 Sought huge profits
6 Help
7 Nasty nesters
8 "Last Supper" figure
9 Carrottops
10 Vicinity
11 Touse
16 Hebrew month
20 Have a bug
23 Cleo's slayer
24 "CSI" evidence
25 Mindless ones
27 Erstwhile acorn
29 — Zedong
30 Pump up the vol-
ume
32 Elton John or Billy Joel
34 Mosque tower
37 Transgression
39 Ho Chi —
42 Indira's son
44 Welsh veggies
45 Rani's wrap
46 PC picture
48 BLT topper
49 One way to stand by
50 On the briny
53 Expert

Monday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer



A look at the weather

WEDNESDAY	THURSDAY	FRIDAY
Min -6° Max 1°	Min -6° Max 2°	Min -7° Max 1°

Michele McDougall Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 5:30 AM



Today's horoscope

♈ Aries March 21-April 20

Has someone taken advantage of you? Maybe, but more likely you are overreacting.

♉ Taurus April 21-May 21

This could be a hectic week and most likely you'll find yourself rushing all over the place without getting much done.

♊ Gemini May 22-June 21

Watch out you don't bite off a larger chunk than you can comfortably chew today.

♋ Cancer June 22-July 22

This could be and should be a lucky week for you, so don't be afraid to take the occasional risk. Chew today.

♌ Leo July 23-Aug. 23

This could be and should be a lucky week for you, so don't be afraid to take the occasional risk.

♍ Virgo Aug. 24-Sept. 22

A loved one seems to be in an emotional mood at the moment and it's unlikely their outlook will improve until later in the week.

♎ Libra Sept. 23-Oct. 23

You really don't have to explain your actions or your motives to anybody.

♏ Scorpio Oct. 24-Nov. 22

The more someone tries to tell you that something cannot be done the more determined you will be to prove them wrong.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21

No matter how negative a picture certain people may be painting of your current situation all you need to know is that they are wrong.

♑ Capricorn Dec. 22-Jan. 20

Anyone who expects you to stay in one place over the next few days is going to be disappointed.

♒ Aquarius Jan. 21-Feb. 18

You seem to be a bit tense at the moment. Why is that?

♓ Pisces Feb. 19-March 20

It seems you are having to react to one crisis after another of late. Is there an end in sight? Yes.

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Caption contest



You write it!

WIN! Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Wednesday's Metro.



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